

# The Influence of Family Conflicts on the Formation of Teenagers and Ways of Their Elimination

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DOI: <https://doi.org/10.15421/1724103>**Huseynova Jamila Sabir**Ph.D., <https://orcid.org/0009-0009-2416-1179>, [camilahuseynova@bsu.edu.az](mailto:camilahuseynova@bsu.edu.az)*Baku State University (Baku, Azerbaijan)*

## Abstract

Family is a small social group whose life has been historically formed, whose members are close to each other through marriage or kinship ties, life together, mutual moral responsibility, and other ties. The family originated earlier than classes, nations, and states - even in primitive times. Family conflicts can significantly affect the psychological and emotional development of adolescents. These conflicts can lead to feelings of stress, anxiety, and self-confidence in the process of forming their own identities. By observing the arguments between their parents, adolescents learn how relationships should be, how conflicts should be resolved, and emotional reaction patterns. From this aspect, the analysis of the article was approached and ideas and considerations were noted by referring to the works of scientists. Currently, the traditional family model is experiencing a crisis all over the world. The idea of the existence of a crisis is accepted unconditionally. In this regard, the search for answers to the causes of the crisis in various societies, the stage at which the processes of decline of family values are, how deep they are, where are the ways out, and other questions has become intensive. It has made the saying "The family is a small state - the state is a big family" more relevant than ever. The complexity of the problem is also due to the fact that currently the family institution is paradoxically subject to total influence and pressure from almost all important subsystems of society - culture, information, economy, politics, healthcare, education, etc. The consumer-subject nature of the family is increasingly increasing, as a result of which the roles of men and women in the family have also changed.

Adolescent problem behavior refers to behaviors that deviate from the normal standards expected in society as adolescents grow up. It is usually used to measure the physical and mental health and development of social functions of adolescents as antisocial behavior. Specific manifestations of adolescent problem behavior include inappropriate learning attitudes, poor interpersonal relationships, and bad life habits. Relevant studies have shown that adolescent problem behavior is persistent and can significantly affect adult drinking, violence, and even crime. This not only affects the behavioral health of adolescents, but also does not contribute to the harmonious and stable development of society. It has been found that adolescent problem behavior is mainly influenced by individuals, families, schools, and society, and disharmonious parent-child relationships, school violence, and social order are important factors that cause it. This study attempts to examine the formation mechanism and influence path of adolescent problem behaviors from the four levels of the individual, family, school, and society, starting from the external environment and internal performance to structural equation modeling, in order to find a way to reduce adolescent problem behavior and help develop positive social functions.

**Keywords:** relationships, psychological impact, emotional development, behavioral problems, communication, conflict management, family support

## Вплив сімейних конфліктів на формування підлітків та шляхи їх усунення

**Гусейнова Джамілія***Бакинський державний університет (Баку, Азербайджан)*

## Анотація

Сім'я – мала соціальна група, життя якої склалося історично, члени якої близькі між собою шлюбними чи родинними зв'язками, спільним життям, взаємною моральною відповідальністю та іншими зв'язками. Сім'я виникла раніше за класи, нації, держави – ще в первісні часи. Сімейні конфлікти можуть істотно вплинути на психологічний та емоційний розвиток підлітків. Ці конфлікти можуть призвести до почуття стресу, тривоги та впевненості в собі в процесі формування власної ідентичності. Спостерігаючи за суперечками між батьками, підлітки дізнаються, якими мають бути стосунки, як слід вирішувати конфлікти та як емоційно реагувати. З цього боку підходили до аналізу та зазначали ідеї та міркування з посиланням на праці вчених. Зараз у всьому світі традиційна модель сім'ї переживає кризу. Думка про існування кризи приймається беззастережно. У зв'язку з цим активізувався пошук відповідей на причини кризи в різних суспільствах, на якій стадії перебувають процеси занепаду сімейних цінностей, наскільки вони глибокі, де є шляхи виходу та інші питання. Це зробило вислів «Сім'я – маленька держава – держава – велика сім'я» актуальнішим як ніколи. Складність проблеми зумовлена ще й тим, що зараз інститут сім'ї парадоксальним чином зазнає тотального впливу та великого тиску практично з усіх важливих підсистем суспільства – культури, інформації, економіки, політики, охорони здоров'я, освіти тощо. Суб'єктний характер сім'ї все більше посилюється, внаслідок чого змінилися також ролі чоловіка і жінки в сім'ї.

Проблемна поведінка підлітків відноситься до поведінки, яка відхиляється від нормальних стандартів, очікуваних у суспільстві, коли підлітки дорослішають. Зазвичай він використовується для вимірювання фізичного та психічного здоров'я і розвитку соціальних функцій підлітків як асоціальної поведінки. Специфічні прояви проблемної поведінки підлітків включають невідповідне ставлення до навчання, погані міжособистісні стосунки та шкідливі життєві звички. Відповідні дослідження показали, що проблемна поведінка підлітків є постійною та може суттєво впливати на вживання алкоголю дорослими, насильство і навіть злочинність. Це не тільки впливає на здоров'я підлітків, але й не сприяє гармонійному та стабільному розвитку суспільства. Було виявлено, що на проблемну поведінку підлітків в основному впливають окремі особи, сім'ї, школи та суспільство, а дисгармонійні стосунки між батьками та дітьми, насильство в школі та соціальний порядок є важливими факторами, які її спричиняють. У цьому дослідженні зроблено спробу вивчити механізм формування та шляхи впливу проблемної поведінки підлітків на чотирьох рівнях особистості, сім'ї, школи та суспільства, починаючи від зовнішнього середовища та внутрішньої продуктивності до моделювання структурних рівнянь, щоб знайти шлях до зменшення проблемну поведінку підлітків і допомогти розвинути позитивні соціальні функції.

**Ключові слова:** стосунки, психологічний вплив, емоційний розвиток, поведінкові проблеми, спілкування, управління конфліктами, підтримка сім'ї

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### Introduction.

Globalization and the formation of information civilization have conditioned the family to become a more flexible-mobile institution in geographical and social terms. By the beginning of the 21st century, the family institution had gone through several stages of development - patriarchal or traditional, child-centered or modern, and was now moving towards a postmodern, at the same time incomplete and extramarital, multiple alternative family-marriage model. Currently, a profound transformation of the worldview of men and women regarding family values and the structure, functions, etc. of the family is taking place. This is manifested in changes in the moral foundations and potential of the modern family, accompanied by a deep crisis.

### Analysis of previous research and publications.

Some well-known scholars and their works on the impact of family conflict on the formation of adolescents are mentioned below:

1. John Bowlby - "Attachment and Loss" series. Bowlby, with his theory of attachment, examines the impact of family conflict on children's emotional development (Bowlby, 1980).

2. Diana Baumrind - "The Influence of Parenting Style on Adolescent Competence and Substance Use". Baumrind studied the impact of parenting styles on adolescent behavior (Baumrind, 1991).

3. Erik Erikson - "Identity: Youth and Crisis". Erikson analyzes the role of family conflict in the process of adolescent identity formation (Erikson, 1968).

4. C. L. Lammers and M. Stams - "The Effects of Family Conflict on Adolescent Development". This study extensively examines the impact of family conflict on the psychological development of adolescents (Lammers, & Stams, 2008).

5. Ruth L. C. B. Tiedens - "The Influence of Family Conflict on Adolescent Behavior: A Review". This article provides a comprehensive review of how family conflict affects adolescent behavior (Tiedens, 2000).

These works deeply explore the effects of family conflict on the psychological, emotional, and social development of adolescents. Each scholar presents different approaches in this context, showing how conflict plays a significant role in the formation of adolescents.

### The object of the research.

Family conflicts play an important role in psychological and emotional development of teenagers. The purpose of this study is to examine the impact of different types of family conflicts (such as communication problems, value conflicts, and economic issues) on adolescents. Adolescents shape their emotional states, behaviors and social relationships by observing conflicts in their families. In this study, we will analyze how conflicts affect adolescents' self-esteem, stress levels, and emotional health. Also, changes related to gender and age factors will be examined, as the impact of conflicts may be different in different gender and age groups.

### The methods of the research.

Historical, systematic approach, generalization and analysis methods were used in the research process.

### Research results.

In a modern society that is changing at a rapid pace, the Azerbaijani family, on the one hand, retains the ability to transmit deep-rooted values and traditions, norms and ideals, ideas and relationships that have stood the test of historical time, from generation to generation. On the other hand, it is surrounded by radical changes in the globalized, constantly "transparent" borders of the Internet space, where borders do not exist at all. In such conditions, the family cannot exist without problems, either isolated or as an "island" of stability. Thus, the traditional family model becomes a target of multifaceted influences, objective, and especially subjective - manipulation policies directed from global centers.

Heydar Aliyev, the national leader, the creator of the Azerbaijani people's family model and benchmark, especially emphasized the role of the family in society: "Family values, family traditions, loyalty to our national and spiritual values, and the upbringing of children at a modern level are of great importance."

Family and family values, in addition to being an incomparable wealth accumulated by the Azerbaijani people over millennia, are the most important socio-cultural capital of today - the 21st century, the most powerful system of our national resistance to foreign influences, and should remain so in the future. At the same time, the desired family model is changing: the transformation of the family is moving towards the nuclear family.

Parents have a significant impact on the socio-political development of young people. The foundations of the child's formation as a future man and woman are also laid in the family.

Family conflicts play an important role in the formation of the personality and character of adolescents. Adolescence is a sensitive stage, and intra-family conflicts occurring during this period can negatively affect the psychological and emotional development of adolescents, as well as their social behavior.

### An analysis of phase 1 research: The impact of family conflict on adolescent development (Hasanova, 2021).

1. Emotional instability: Adolescents who grow up in a tense and conflict-ridden family environment may develop anxiety, depression, and self-esteem problems. This emotional tension makes it difficult for them to come to terms with themselves and trust others.

2. Aggression and negative behaviors: Adolescents who witness violent conflicts in the family may adopt these behaviors and display aggressive behavior in their future relationships. If aggression is normalized in the family, adolescents may think that this is normal behavior.



Picture 1. The balance of family relationships

3. Academic decline: Family conflicts negatively affect adolescents' studies and school activities. Tension distracts them and leads to academic failure. As a result, adolescents feel even more isolated and unmotivated.

4. Social isolation: Adolescents who grow up in a conflict environment sometimes isolate themselves from social life because they find it difficult to relate to others. This also weakens their friendships and other social relationships.

5. Decreased self-confidence and self-esteem: Adolescents who grow up in a conflict environment have difficulty with self-esteem issues because they do not see love and support in the family. This makes it difficult for them to build healthy relationships in the future.

6. Formation of moral values: Adolescents learn values from the family. If disrespect, violence or disrespectful behavior is considered normal in the family, adolescents can also adopt these values and apply them in their own relationships. In order to eliminate the negative effects of family conflicts, it is important for parents to prioritize healthy communication and understanding in conflicts and to show love and support to adolescents. A positive family role model helps adolescents develop a healthy personality and helps them become successful and balanced individuals in their social lives.

Family conflicts have a wide-ranging impact on the lifestyle of adolescents and can cause various problems in their physical, emotional, and social lives. The lifestyle of adolescents, including their daily behaviors, relationships with friends, and approaches to their studies and social activities, can be shaped by the impact of family conflicts.

**Analysis of the 2nd stage of the study. The effects of family conflicts on the lifestyle of adolescents** (Aliyev, 2022):

1. Propensity for harmful habits: Adolescents who grow up in a constantly tense and anxious environment may be prone to harmful habits such as smoking, drinking alcohol or even drugs to escape stress. This seriously affects their health and changes their lifestyle in a negative way.

2. Behavioral problems: Adolescents who grow up in conflict families may exhibit aggressive or stubborn behavior. They are more rebellious towards society and

rules, which causes them problems in school or social life.

3. Decreased academic performance: Family conflicts negatively affect adolescents' studies and academic achievements. Tension and stress prevent them from concentrating on lessons, as a result, their performance in school weakens.

4. Difficulties in social relationships: When adolescents do not see normal relationships in the family, they have difficulty communicating with others and making friends. Weakening of social skills makes them prone to social isolation and they may feel more comfortable in solitude.

5. Physical health problems: Emotional tension and stress caused by family conflicts also affect the physical health of adolescents. Physical symptoms such as headaches, insomnia, stomach problems can be an indicator of tension in the family.

6. Psychological problems: Adolescents who grow up in a conflict environment develop psychological problems such as anxiety, depression, low self-esteem and stress. This situation negatively affects their overall lifestyle and makes it difficult for adolescents to reconcile with themselves.

7. Decreased confidence in themselves and others: Adolescents who experience frequent family conflicts have a decreased confidence in others and themselves. This lack of confidence affects their behavior in every area (academic, social, etc.) and forces them to become more withdrawn.

8. Decreased interest in sports and creative activities: Adolescents who are emotionally exhausted due to family conflicts show less interest in sports or other creative activities because they experience a lack of energy and motivation (Mammadov, 2020).

**Analysis of the 3rd stage of the study: Measures to reduce the effects of family conflicts** (Guliyeva, 2019):

1. Open communication and support: Parents should show understanding to adolescents and understand their feelings. In order to prevent intra-family conflicts, it is important to prioritize open communication and instill a sense of trust in adolescents.

2. Family therapy: Professional support helps reduce the impact of family conflicts. Through family therapy, adolescents learn to express themselves, and parents try to understand their psychological needs.

3. School and social support: Schools should create opportunities for adolescents to develop social skills, involve them in social activities, and provide emotional support.

These measures minimize the negative effects of family conflicts on adolescents' lifestyles and help them develop into healthier, more self-confident, and socially adaptive individuals.

Family conflicts can create severe psychological pressure for adolescents, which can result in them leaving home, developing bad habits, and having

difficulty adapting to social life. Parents, schools, and society should take a number of measures to prevent such situations and ensure the healthy development of adolescents (Hasanova, 2021).

#### **Reasons why teenagers leave home and get addicted to bad habits.**

1. Lack of love and understanding within the family: In conflicting families, teenagers may try to meet these needs in the environment because they do not see a sense of love and support.

2. Constant stress and anxiety: For teenagers, family tension creates constant stress, and to avoid this anxiety, they tend to leave home or engage in bad habits.

3. Self-expression and communication problems: Teenagers who cannot freely express their opinions in the family may be more prone to aggressive or withdrawn behavior

Measures to ensure the social adaptation of teenagers and keep them away from bad habits (Aliyev, 2022):

1. Positive communication and support: Parents should try to establish open communication with teenagers and make them feel understood and valued. When teenagers can express their feelings and see that their problems are met with understanding, they feel more secure and connected to the family.

2. Professional psychological support: It is important to seek the help of a psychologist or therapist to reduce the impact of family conflicts and improve the emotional state of adolescents. Therapy sessions can help adolescents manage stress, express themselves, and develop social skills.

3. Family therapy: Going to therapy together as a family strengthens communication and understanding within the family. This helps both the adolescent and the family to understand each other better and reduce tension.

4. School and social activities: Adolescents should be involved in social activities and various clubs at school, and should be provided with an environment where they can develop themselves. This helps them stay away from negative habits and increase their self-confidence.

5. Education about harmful habits: Adolescents should be informed about the negative effects of bad habits (smoking, alcohol, drugs) on their health and future lives. In addition, healthy ways to deal with stress and anxiety (e.g. sports, meditation, hobbies) should be offered.

6. Create an environment of trust: It is important to show adolescents that they are trusted and have the opportunity to make their own decisions. When they feel this environment, they are more likely to refrain from negative behaviors.

7. Be a role model: Parents and relatives should set an example for adolescents and provide a model of healthy communication and respect within the family. Adolescents apply the behaviors they observe in the family to their own lives.

8. Provide alternative activities: Organizing activities in sports, music, art and other creative fields so that adolescents can focus on activities they are interested in is effective in staying away from bad habits. This helps them both discover their talents and find a social environment that is suitable for them (Rustamova, 2023).

Thanks to these measures, it is possible to ensure the social adaptation of adolescents, protect their psychological well-being and minimize the impact of intra-family conflicts. When adolescents develop in a healthy environment with support, they are formed as more self-confident and sound-minded individuals in the future.

The President of the Republic of Azerbaijan, Mr. Ilham Aliyev, stated at the opening ceremony of the II Summit of World Religious Leaders, "Azerbaijan is a country that has built its development and future on national roots. Traditional values are our greatest wealth. Because we see that in different parts of the world, traditional values are being discredited, and new "values" that are alien to us and do not correspond to our national thinking are being instilled. We must protect ourselves and especially our younger generation from this alien and bad influence. Therefore, I believe that the promotion of traditional values and family values should be the work of all of us. For our people to survive, to protect their identity and pride, family values and national values have played an indispensable role".

#### **Conclusions.**

Activities to shape the image of the family, implemented within the framework of existing programs and concepts, can be combined in several directions:

1. Implementation of a consistent information policy regarding a positive image, successful family examples, and the dates of their formation in Azerbaijan, including the capital and regions and remote areas;

2. Presentation of detailed educational measures on the results of state support programs for families;

3. Implementation of media projects promoting the sharing of exemplary families' experiences with other members of society;

4. The above creates a need to develop a system of regulatory/managerial influences on the worldview of the younger generation in order to strengthen the family lifestyle and values. In this regard, it is appropriate to prepare and implement projects for the development of family culture for the young generation preparing to start a family and starting a new family;

5. The direction of formation of family competencies of the growing younger generation. It would be appropriate to teach the course "Ethics and Psychology of Family Life" in; - Holding family festivals such as the "Family Science Festival" held annually in the USA, and teaching extracurricular activities such as studying the family genealogy/tree can contribute.

Every state is interested in the formation of a family institution capable of raising a physically and morally

healthy generation for its future, with unshakable moral foundations. A strong family also means a strong state. Family conflict has a significant impact on the psychological and emotional development of adolescents. Research shows that conflict reduces adolescents' self-esteem, increases stress and anxiety levels, and creates difficulties in their social relationships. The type and intensity of conflict can have different effects on adolescents' emotional state. For example, persistent arguments and open conflicts can damage adolescents' sense of security, leading to negative consequences for their development. In addition, parents'

constructive conflict resolution helps adolescents learn from these situations and gain healthier relationship skills.

Therefore, eliminating family conflict and implementing healthy conflict resolution strategies are critical to supporting adolescents' psychological development. This not only positively affects adolescents' current situation, but also their future relationships and quality of life. Families should take steps to protect the emotional health of adolescents and support their development by learning healthy ways to resolve conflicts.

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